



Be A Link!® Suicide Prevention Gatekeeper Training

Setting
Communities

Type of Program
Education & Training

NSSP Goals Addressed
6.2 to 6.8

Program Description

Developed by Yellow Ribbon, *Be A Link!* is a two-hour adult gatekeeper training program. The program can be implemented in a variety of settings, including schools, workplaces, and community groups. The training provides participants with knowledge to help them identify youth at risk for suicide and refer them to appropriate help resources. Training includes information on:

- Risk and warning signs of suicide.
- Community referral points for those who may need help.
- Crisis protocols for those who may be at risk.

Training materials include a PowerPoint presentation (provided on a CD) and a *Be A Link!* trainer's manual, which includes talking points for each of the PowerPoint slides, a program overview and outline, an FAQ, preparation worksheet, recommendations for safe and effective messaging, and links to additional resources.

Program Objectives

After participating in the *Be A Link!* training, participants should have:

1. Increased knowledge of warning signs of suicide.
2. Increased understanding of protocols for referring youth to helping resources.
3. Increased knowledge of help resources.

Implementation Essentials

- If implemented in a school setting, a school-based crisis management plan, such as those found in the *Maine Youth Suicide Prevention, Intervention, and Postvention Guidelines* (found in Section III of the BPR) should be adopted prior to implementing *Be A Link!*

Contact Information

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Costs

Direct training costs vary depending upon the location and number of participants to be trained. Contact Dale or Dar Emme for more information.

The program toolkit is available for \$299.95. The toolkit includes trainer manuals for the *Be A Link!* And *Ask for Help!* programs, associated PowerPoint presentations, and *Ask 4 Help* wallet cards.

*The content of practices listed in Section III (Adherence to Standards) of the SPRC/AFSP Best Practices Registry address specific goals of the *National Strategy for Suicide Prevention* and have been reviewed by a panel of three suicide prevention experts and found to meet standards of accuracy, safety, and programmatic guidelines. Practices were not reviewed for evidence of effectiveness. Additional information about the Best Practices Registry can be found at www.sprc.org.

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